

# Environmental Solutions to Obesity in America's Youth



June 1–2, 2005  
The Washington Convention Center  
Washington, DC

**Schools**  
**Activity**  
**Families**  
**Behavior**  
**Nutrition**  
**Prevention**  
**Disparities**  
**Communities**



National Institutes of Health



U.S. Department of Health & Human Services

# [ National Institute of Environmental Health Sciences, NIH ]

## Objective

This conference will provide an excellent forum to discuss and illustrate how different environments contribute to obesity in youth via access to food and physical activity, and how environmental interventions can help prevent this growing public health problem in America's youth.

The rise in childhood obesity is due to complex interactions across a number of environmental contexts that influence eating and physical activity (IOM 2004). This environment is characterized by:

- Urban and suburban designs that discourage physical activity.
- Economic and time pressures on families that result in frequent consumption of convenience foods.
- Reduced access to and affordability of nutritious foods in some communities.
- Decreased opportunities for walking and biking to, at, or after school.
- Increased sedentary screen time.

## Conference Topics

- What approaches support a healthy physical and nutritional environment for youth?
- What are effective prevention and treatment strategies?
- How can we act on the best available evidence?
- How can the environment be modified to promote healthier eating and increased physical activity?
- How can environmental interventions address disparities in the prevalence of overweight and obesity?
- What can we do to develop and enhance public-private partnerships?

## Planning Committee

**Dr. David Belluck**, Federal Highway Administration, U.S. Department of Transportation

**Mr. David Brown**, National Institute of Environmental Health Sciences, NIH

**Ms. Christine Bruske**, National Institute of Environmental Health Sciences, NIH

**Dr. Andrew Dannenberg**, National Center for Environmental Health, CDC

**Dr. Allen Dearry**, National Institute of Environmental Health Sciences, NIH

**Dr. Martha Dimes**, National Institute of Environmental Health Sciences, NIH

**Dr. James O. Hill**, University of Colorado Health Sciences Center

**Ms. Stephanie Holmgren**, National Institute of Environmental Health Sciences, NIH

**Mr. William Jirles**, National Institute of Environmental Health Sciences, NIH

**Mr. Richard E. Killingsworth**, Active Living by Design, University of North Carolina at Chapel Hill

**Dr. Harold W. Kohl, III**, National Center for Chronic Disease Prevention and Health Promotion, CDC

**Ms. Charle League**, National Institute of Environmental Health Sciences, NIH

**Ms. Marya Morris**, American Planning Association

**Ms. Valerie Rogers**, National Association of County and City Health Officials

**Dr. Shobha Srinivasan**, National Institute of Environmental Health Sciences, NIH

[ Support for this conference provided in part by the Robert Wood Johnson Foundation ]

# [ AGENDA | Wednesday, June 1, 2005 ]

Level 2, 202AB  
Concourse Area  
8:00 - 9:00 AM

## REGISTRATION

Level 2-Room 202AB **DAY 1: GENERAL SESSION**

9:00 - 10:15

### Welcome and Opening Remarks

» Dr. David Schwartz, Director, National Institute of Environmental Health Sciences, NIH

### Keynote Addresses

» Mr. Lynn Swann, Chairman, President's Council on Physical Fitness and Sports

» Vice Admiral Richard H. Carmona, U.S. Surgeon General

» Secretary Michael Leavitt, U.S. Department of Health and Human Services

Level 2-Room 201  
10:15 - 10:45

### Morning Break

10:45 - 12:15 PM

### Plenary Session - Obesity in Youth: Basic Facts, Issues, and Implications. What We Know about Obesity in Youth.

Moderator: Dr. Allen Dearth, National Institute of Environmental Health Sciences, NIH

Obesity in Youth: An Overview and Call to Action

» Dr. Ross Brownson, St. Louis University School of Public Health

Obese Neighborhoods: Disparities in Access to Food

» Dr. Adam Drewnowski, University of Washington - Seattle

Health Consequences

» Dr. Jeffrey B. Schwimmer, University of California - San Diego

12:15 - 1:45

### Lunch (on your own)

01:45 - 3:15

### Plenary Session - Environment and Childhood Obesity

Moderator: Ms. Robin Hamre, Centers for Disease Control

Sprawling Development, Sprawling Waistlines, and How to Fix Them

» Governor Parris Glendening, Smart Growth Leadership Institute; Former Governor of Maryland

Urban Design, Lifestyle, and the Development of Chronic Conditions

» Dr. Roland Sturm, RAND

Mindless Eating: Hidden Persuaders That Make Children Lose and Gain Weight

» Dr. Brian Wansink, Cornell University

Level 2-Room 201  
3:15 - 3:45

### Afternoon Break

3:45 - 5:15

### Panel Session - Government Leaders in Action

Moderator: Governor Parris Glendening, Smart Growth Leadership Institute; Former Governor of Maryland

» State Delegate Bill Bronrott, District 16, Maryland

» Surgeon General Kimberlydawn Wisdom, Michigan

» Mark Kissinger, Deputy Secretary for Health and Human Services, New York

Level 2-Room 207AB **RECEPTION - Sponsored by the Robert Wood Johnson Foundation**  
6:00 - 8:00

# [ AGENDA | Thursday, June 2, 2005 ]

## Level 2-Room 202AB DAY 2: GENERAL SESSION

### 8:30 - 10:00 AM Plenary Session - Overview of Environmental Interventions

Moderator: Mr. David Brown, National Institute of Environmental Health Sciences, NIH  
Kaiser Permanente's Comprehensive Public Health Approach to the Epidemic of Childhood Obesity  
» Dr. William Caplan, Kaiser Permanente Care Management Institute  
CLOCC: A Childhood Obesity Prevention Effort in the Chicago Environment  
» Dr. Matthew Longjohn, Consortium to Lower Obesity in Chicago Children (CLOCC)  
Shaping America's Youth: Observations from the SAY Survey and Registry; Programs Directed at Physical Activity and Nutrition  
» Dr. David McCarron, Academic Network

### Level 2-Room 201 10:00 - 10:30 Morning Break

### 10:30 - 12:00 PM MORNING CONCURRENT SESSIONS (see pages 6-7)

### 12:00 - 1:30 Lunch (on your own)

### 1:30 - 3:00 AFTERNOON CONCURRENT SESSIONS (see pages 8-9)

### Level 2-Room 201 3:00 - 3:30 Afternoon Break

### 3:30 - 5:00 Panel Session - Challenges and Solutions: Engaging Leaders on the Childhood Obesity Problem

Leaders in industry, media, and public health professions will discuss their particular solutions and interact in a lively discussion of the obstacles to and remedies for childhood obesity. The audience will be encouraged to ask questions or share their own experience, solutions, and views.

Moderator: Dr. Barry Popkin, University of North Carolina - Chapel Hill

Girls on the Run - Celebrating the Unique in Every Body

» Ms. Molly Barker, Girls on the Run

Physical Gaming: PlayStation and EyeToy Get Kids Off the Couch

» Mr. Joe BrisBois, Sony Computer Entertainment America

Healthy Habits for Life

» Ms. Anne Gorfinkel, Sesame Workshop

Interactive Advertising and Children's Health

» Ms. Patti Miller, Children & the Media Program, Children Now

Children and Food: Public Policy Informed by Science

» Dr. Marlene Schwartz, Yale University

Growth at the Intersection of Public and Private Interests

» Ms. Ellen Taaffe, PepsiCo

They Say It Couldn't Be Done: Launching a Healthy Vending Machine for Schools

» Ms. Cathleen Toomey, Stonyfield Farm

### 5:00 - 5:45 Closing Keynote/Remarks

Introduction: Dr. Allen Dearry, National Institute of Environmental Health Sciences, NIH

» Governor Mike Huckabee, Arkansas



# [ Morning Concurrent Sessions | Thursday, June 2, 2005 ]

**Level 2-Room 204AB**  
**10:30 - 12:00 PM**

## **A. State-Level Initiatives - North Carolina: Eat Smart, Move More...NC**

The North Carolina Division of Public Health (NCDPH) will share an overview of their comprehensive work with state and local partners in addressing nutrition and physical activity to prevent obesity and other chronic diseases. The NCDPH, with numerous partners, have developed and implemented creative initiatives, exemplary programming, multi-level interventions and successful community-based grants programs. As a result of these programs, policy and environmental changes are taking place throughout the state in support of Eat Smart, Move More...North Carolina.

Moderator: Ms. Cathy Thomas, Physical Activity and Nutrition Branch, NC DHHS

» Mr. Jimmy Newkirk, Physical Activity and Nutrition Branch, NC DHHS

» Ms. Sherée Thaxton Vodicka, Physical Activity and Nutrition Branch, NC DHHS

**Level 2-Room 204C**  
**10:30 - 12:00 PM**

## **B. Active Living by Design: Developing Community-Based Models for Obesity Prevention**

This presentation will focus on Active Living by Design, a national program of The Robert Wood Johnson Foundation, and its comprehensive 5Ps model to increase physical activity through changes in community design. A brief overview will be provided, followed by case examples from Active Living by Design partnerships in Somerville, Massachusetts; Chicago, Illinois; and Columbia, Missouri that will focus on how they are addressing childhood obesity.

Moderator: Mr. Rich Bell, Active Living by Design

Active Living by Design: Developing Community-Based Models for Obesity Prevention

» Mr. Rich Bell, Active Living by Design

Environmental Solutions to Childhood Obesity: One Community Responds

» Ms. Jessica Collins, Tufts University

Childhood Obesity: A Family, A School, A Community Matter

» Ms. Lucy Gomez-Feliciano, Logan Square Neighborhood Association

Environmental Solutions to Obesity in America's Youth: Lessons Learned in the Community Setting

» Dr. Ian Thomas, PedNet Coalition

**Level 2-Room 206C**  
**10:30 - 12:00 PM**

## **C. Transportation Initiatives**

Active and safe transportation is a critical element to encourage obesity control in our nation's youth. This session will present transportation success stories from three people whose organizations are actively involved in the provision of active and safe transportation alternatives.

Moderator: Dr. David Belluck, Federal Highway Administration, U.S. DOT

Safe Routes to School Programs: Partnership of Transportation, Safety and Health

» Ms. Lauren Marchetti, University of North Carolina - Chapel Hill

The Brevard MPO Safe School Access Program

» Ms. Barbara Meyer, Brevard County Office of Transportation Planning/MPO

Human Powered Transportation - Steps Toward Healthy Weight and Healthy Environment

» Mr. Jeff Walker, Cambridge Public Health Department



## [ Morning Concurrent Sessions | Thursday, June 2, 2005 ]

### **Level 2-Room 208AB D. Public Advocacy/Education Initiatives**

**10:30 - 12:00 PM**

Non-profit organizations have been instrumental in creating operational frameworks in which obesity prevention initiatives can be effective. Three non-profit groups will highlight their approaches to influencing public policy, establishing grant programs, and creating multi-level partnerships for the campaign against obesity.

Moderator: Ms. Karen Donato, National Heart, Lung, and Blood Institute, NIH

Taking Action for a Healthier California: The Strategic Alliance for Healthy Food and Activity Environments

» Ms. Leslie Mikkelsen, Prevention Institute

Action for Healthy Kids: Improving the School Environment

» Ms. Alicia Moag-Stahlberg, Action for Healthy Kids

Healthy Eating, Active Communities: A Comprehensive Approach to Addressing Obesity

» Ms. Marion Standish, The California Endowment

### **Level 2-Room 209AB E. The Youth Perspective: Youth Engagement in Community Wellness Promotion**

**10:30 - 12:00 PM**

The Urban Nutrition Initiative (UNI) is part of the Center for Community Partnerships at the University of Pennsylvania in which students in grades K-16+ address issues of community nutrition and physical fitness through a curriculum that integrates community problem solving across core-subject areas. A team of youth from UNI will share perspectives of their experiences in improving the nutritional ecosystem in Philadelphia. Through a project that integrates community problem solving into year-round school-based programs, youth working with UNI have established several environmental solutions to the obesity epidemic.

Moderator: Mr. Danny Gerber, Center for Community Partnerships, University of Pennsylvania

UNI team:

» Salema Davis, Sayre High School

» Michelle Jenkins, University City High School

» Xavier Kimbough, University City High School

» Jonathon Russell, University City High School

### **Level 2-Room 209C F. America on the Move**

**10:30 - 12:00 PM**

America on the Move (AOM) is a national initiative to inspire people of all ages to make small increases in walking and small decreases in energy intake in order to prevent weight gain and improve health. This session presents AOM progress at the local, state, and national levels.

Moderator: Dr. James Hill, University of Colorado Health Sciences Center

Simple Steps to Better Health: Building a Movement

» Dr. John C. Peters, The Procter and Gamble Company

The Colorado On the Move Experience

» Ms. Helen Thompson, University of Colorado Health Sciences Center

Tennessee on the Move: Successes in Building a Novel Approach on Existing AOM Messages

» Dr. Michael Zemel, University of Tennessee

Saratoga On the Move

» Ms. Sue Malinowski, Saratoga Care





## [Afternoon Concurrent Sessions | Thursday, June 2, 2005]

### Level 2-Room 204AB **A. State-Level Initiatives - California: Environmental Strategies to Improve Healthy Eating and Activity**

1:30 - 3:00 PM

This panel will address three major areas that have a significant impact on obesity in California's youth: Television/recreational screen time in "tweens", policy change in schools that support healthy eating and physical activity, and the impact of the built environment on youth physical activity and obesity.

Moderator: Ms. Leslie Mikkelsen, Prevention Institute

Creating School Environments that Support Healthy Eating

» Ms. Peggy Agron, California Project LEAN, California Department of Health Services

Watch Less - Do More! Screen Time and Tweens

» Ms. Nancy Gelbard, California Obesity Prevention Initiative, California Department of Health Services

Impact of the Built Environment on Youth Physical Activity and Obesity

» Dr. Gregory Norman, University of California - San Diego

### Level 2-Room 204C **B. Community Design - Built Environment**

1:30 - 3:00 PM

The opportunities for children, adolescents and teens to be physically active in the course of their daily routines are determined by the quality of the built environment in their neighborhoods, the location of their school relative to where they live, their proximity to open space and parks, and the design and condition of the streets and sidewalks that they use to get themselves where they want or need to go. This session will provide practical advice to local communities, health professionals, urban planners, school boards, and other participants in the land-use policy and planning process on what modifications can be made to the built environment where kids walk, bike, and play that can enhance their ability and likelihood of being physically active while staying safe at the same time.

Moderator: Ms. Marya Morris, American Planning Association

The Effect of Environment on Adolescents' Physical Activity: Findings from the 2003 California Health Interview Survey

» Dr. E. Richard Brown, UCLA Center for Health Policy Research

Complete Streets: A Comprehensive Policy Approach to Encourage Active Living

» Ms. Barbara McCann, McCann Consulting

The Impact of School Siting on Children's Health and Physical Activity

» Dr. David Salvesen, University of North Carolina - Chapel Hill

### Level 2-Room 206 **C. Innovative Local Strategies for Creating Healthier Living Environments**

1:30 - 3:00 PM

This session will highlight efforts of local public health departments that are working with external partners (e.g. planning and elected officials) to improve the health and well-being of children through built environment interventions. Panelists will explore methods for greater local public health agency involvement, by providing lessons learned, tools and resources used to address root causes of obesity through land use/community design policy decisions.

Moderator: Dr. Thomas Schmid, Centers for Disease Control

Partnerships, Interactions, Relationships and Collaboration: Public Health and Planning Working Together to Improve Community Health and Safety

» Ms. Valerie Rogers, National Association of County and City Health Officials

Peddling Off the Pounds

» Dr. Kevin Stephens, City of New Orleans Department of Health

A Local Collaboration Addressing Health Risk

» Ms. Susan Sutherland, Delaware General Health District



## [Afternoon Concurrent Sessions | Thursday, June 2, 2005]

**Level 2-Room 208AB**  
**1:30 - 3:00 PM**

### **D. Addressing Disparities in Obesity in Vulnerable Populations**

Studies show that certain populations are disproportionately prone to obesity. Environmental solutions addressing prevention and treatment should be culturally-relevant and tailored to the needs of each particular population. The three panelists will share their programs' successes, challenges, and lessons learned.

Moderator: Mr. David Vigil, New Mexico Public Health Division

Fighting the Obesity Epidemic Among Low-Income Communities: The Need for a Comprehensive Approach  
» Dr. América Bracho, Latino Health Access

Listen Up! Strategies for Engaging Low-Income Communities of Color in Obesity Prevention Efforts  
» Ms. Arnell Hinkle, California Adolescent Nutrition and Fitness Program (CANFit)

Our Wellness Journey: Following the Path of Traditions in Building Healthier AI/AN Communities  
» Dr. Kelly Moore, Indian Health Service

**Level 2-Room 209AB**  
**1:30 - 3:00 PM**

### **E. Health Care Initiatives**

The health care industry is expanding efforts to emphasize preventive solutions. More insurance companies, hospitals, and private practitioners are engaging in collaborative efforts with government, communities, and schools. Each panelist will explore how the medical and health insurance communities can be more effective agents of change, both at the individual and community level.

Moderator: Ms. Nsedu Obot Witherspoon, Children's Environmental Health Network

Overweight Children: Kaiser Permanente's Approach to Prevention and Treatment  
» Dr. Scott Gee, Kaiser Permanente

How Can Health Care Providers be Part of the Solution?  
» Dr. Francine Ratner Kaufman, Children's Hospital Los Angeles

Shape-Up/Live Well: CareFirst Blue Cross Blue Shield Obesity Prevention Grants Program  
» Ms. Luwanda Jenkins, CareFirst Blue Cross Blue Shield

**Level 2-Room 209C**  
**1:30 - 3:00 PM**

### **F. Researching the Environment-Obesity Link: Tools, Measures, and Methods**

Development of reliable environmental measures is key to effective assessment of environment-obesity connections. Researchers in the fields of nutrition, parks and recreation, and community design will share their research and insights on environmental measurement tools and methodology.

Moderator: Ms. Leslie Linton, Active Living Research

Methods for Measuring Park Environments  
» Dr. Ariane Bedimo-Rung, Louisiana State University, School of Public Health

Identifying and Measuring Urban Design Qualities Related to Walkability  
» Dr. Reid Ewing, National Center for Smart Growth

Tools and Methods for Measuring Nutrition Environments  
» Dr. Karen Glanz, Rollins School of Public Health, Emory University

A Pilot Study of Exercise and Changes in BMI and Body Fat in High School Freshman  
» Ms. Jamie Bell, Student, Charles E. Jordan Senior High School





## [ Conference Management Committee ]

Ms. Angie Sanders, National Institute of Environmental Health Sciences, NIH  
Ms. Alma Britton, National Institute of Environmental Health Sciences, NIH  
Ms. Tonya Stonham, National Institute of Environmental Health Sciences, NIH  
Ms. Andrea Brooks, National Institute of Environmental Health Sciences, NIH  
Ms. Jennifer Browne, National Institute of Environmental Health Sciences, NIH  
Mr. John Maruca, Image Associates, Inc.  
Mr. Pete Cozart, Web Developer  
Mr. David Kerley, Poster and Program Design  
Mr. Ernie Hood, Science Writer



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For information, visit the conference web site

[ <http://www.niehs.nih.gov/drcpt/events/oe2005> ]